



# LISTEN TO THE ISABEL ALBUM

## AND SUPPORT SEXUAL MALTREATMENT SURVIVORS

YOUR FREE *LISTEN TO ISABEL* EVENT STARTER KIT



# WELCOME ABOARD!

## Is your community ready to support someone who has experienced sexual maltreatment?

Do you feel nervous to discuss the subject? Like there is not a safe introduction to how to empathize with survivors? If these statements resonate with you, host a *Listen to Isabel* event and invite your community to discuss the *Isabel* album. *Isabel* can be your safe introduction to #metoo survivor support.

### WHAT CAN YOU PROVIDE AT THIS EVENT?

- A discussion on #MeToo & mental health
- Survivor support strategies
- Music-integrated activities

## OKAY, TELL ME MORE!

NO. OF  
SONGS

11

This 11-track album tells the story of a 16 year old girl named Isabel who runs away from home and finds herself trapped on a magical train full of people who won't stop running.

Isabel is the only person on board who remembers her own name and it is up to her to stop the train and save the other passengers (including a Porter, several Choir Members, and a mysterious Writer who may or may not be dead).

However, the relationships between Isabel, the passengers and the evil Conductor turns out to be much more complicated than she originally thought.

She soon discovers that in order to get off the train, she will have to take a hard look in the mirror and lean on her family to process an unaddressed history of trauma.

Learn to discuss sexual maltreatment, invest in your own mental health, and support #metoo survivors by listening to this album and experiencing Isabel's musical journey.

# BUT HOW EXACTLY DO I MAKE THIS HAPPEN?

## STEPS...

1

Download the *Isabel* Album (or follow *Isabel* on your preferred streaming provider).

2

Introduce your leadership team to *Isabel* by forwarding them your starter kit.

3

Choose your preferred event structure and timeline (and request materials or a site visit).

4

Confirm a date, time and location for the event.

5

Consider inviting a wellness professional or non-profit advocacy rep to the event.

6

Send invites to your community.

7

Print your associated *Isabel* materials.

8

Enjoy your event! (Tag us on social media so we can celebrate with you).



# HOW TO DOWNLOAD!

**Download the full *Isabel* Album in your favorite platform.**

Also consider hiring an *Isabel* Facilitator to visit your *Isabel* Listening Party.

**CLICK ON YOUR PREFERRED LISTENING PLATFORM.**

- Amazon
- Spotify
- iTunes/Apple Music
- Google Play
- Youtube
- Deezer

# SELECT YOUR PREFERRED EVENT STRUCTURE...

## OPTION A

### Book an Isabel Facilitator!

- Visit from a trained *Listen to Isabel* Facilitator
- 45 or 90 minute program
- Marketing support
- Q & A with *Isabel* leadership



## OPTION B

### Get Certified Yourself!

- Video Training with *Isabel* creator Anna Westbrook
- *Listen to Isabel* Facilitator Curriculum & Team Member Instructions
- *Listen to Isabel* Workbooks & Lyric Sheets Your choice of three content focus areas:
- *Listen to Isabel* Marketing Guide & Social Media Graphics

## OPTION C

### Create Your Own Event! (FREE)

Instructions:

1. Bookmark the *Isabel* Lyric Videos on YouTube,
2. Ask a wellness professional or other community leader to facilitate a discussion on a selection of song (We suggest dedicating 10-15 minutes per song).
3. Tag us on social media so we know you're listening!



# OUR MESSAGE...

## TO SURVIVORS:

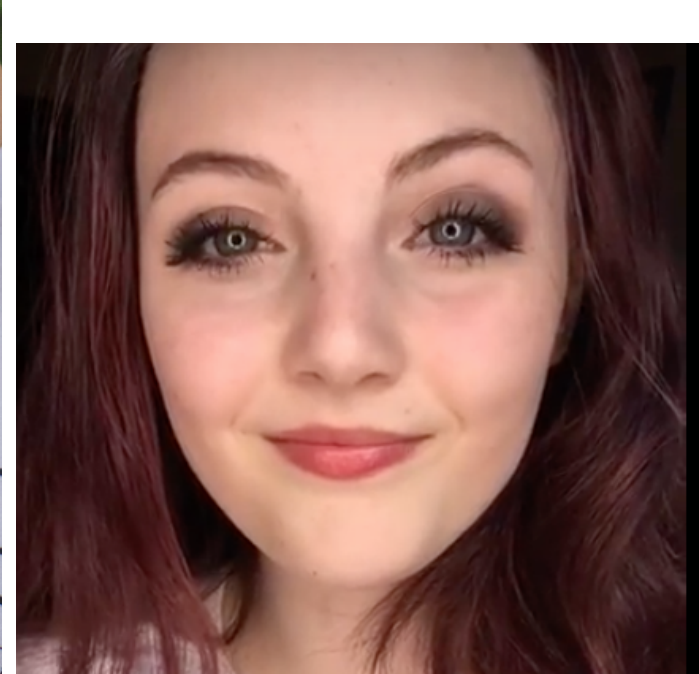
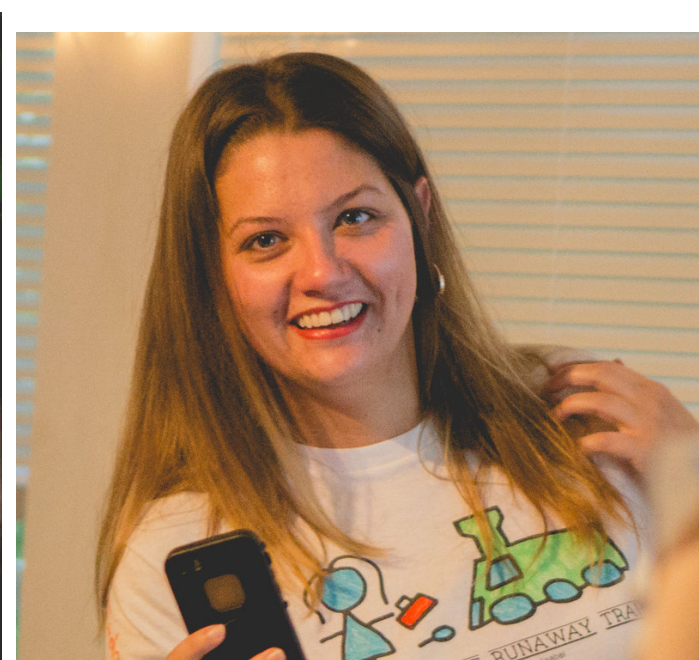
We believe you.

We are trauma-informed.

We have connections for you.

You are not alone.

We will speak on your behalf.



## TO SUPPORTERS

We trust you.

We believe you can be trauma-informed.

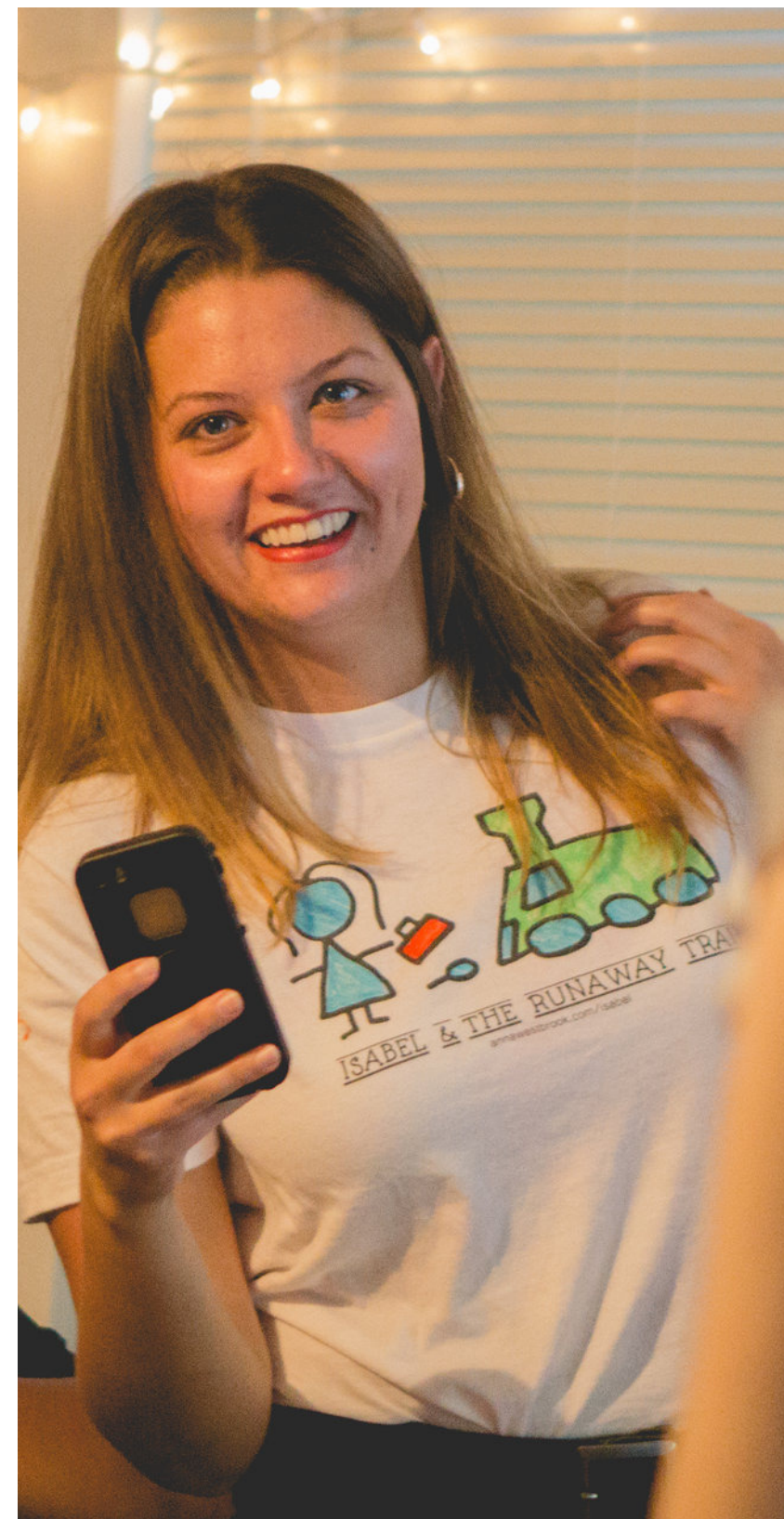
We have lessons for you.

You are not alone.

We will speak on your behalf.

**ANNA WESTBROOK**  
CEO, Composer & Playwright of  
*Isabel & The Runaway Train*

Instagram: @isabelandtherunawaytrain  
Facebook: @isabeltrainmusical  
Twitter: @Isabel\_RunawayT



## Meet the creator behind the *Isabel & The Runaway Train* community.

Anna Westbrook is an experienced communicator who specializes in speaking on emotionally charged topics without fear, guilt or shame.

She has led multiple large-scale artistic and educational programs in New England, Texas, and the Caribbean. After rising quickly to leadership roles within the educational nonprofit sector, she became a touring stress-management trainer for the Connecticut Afterschool Network.

She went on to manage relationships with over 40 businesses who use her two published children's books and associated lessons.

In 2011, Anna wrote curriculum on Dominican-Haitian Relations that was published by the Center for Latin American and Colonial Studies at NYU.

In 2018, Anna produced her original work of musical theatre, *Isabel & The Runaway Train*, drawing a crowd of 300 audience members and collaborating with over 10 local businesses & organizations in Austin, TX.

In 2019, she launched an associated training program that prepares participants to support survivors of sexual maltreatment.

**Anna holds a B. A. in Music with a specialization in Composition from Connecticut College and lives in Austin, TX where she frequently supports local arts-activism events.**

# Reach out and stay connected:

**BOOK A FREE 20 MINUTE DISCOVERY CALL**

## **EMAIL**

Isabel.RunawayTrain@gmail.com

## **WEB**

IsabelandTheRunawayTrain.org

## **INSTAGRAM**

@isabelandtherunawaytrain

## **FACEBOOK**

@IsabelTrainMusical

## **TWITTER**

@Isabel\_RunawayT

**CLICK  
HERE!**